

Lunch: 12 noon (daily)
Information Line: 790-6610 (Menu & Activities)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<p>1 8:30-10 Membership Photos 8:30 Senior Fitness 9-1 AARP Income Tax Assistance (appt) 9:00 Chinese Club (fee) 9:00 Chinese Counseling and Information 9:30 Senior Fitness 10-3 B.P. Screening 10:30 Yoga/Stretch 11:30 ECHO Housing, Reverse Mortgage Counseling 1:00 Chess & Games 2:00 Sr. Center Singers 2:30 Dance, "Young at Heart" band (\$4)</p>	<p>2 9:30-3 Wash. on Wheels 8:15-12 AARP Safe Driver Class (must reg.) 8:30 Walkers 9:00 Pinochle, Canasta 9:00 Card games 10:00 Bridge 1-4 AARP Income Tax Assistance (appt) 1:00 Chinese Club Movie 1:00 Pinochle & Canasta 1:30 Needlecrafts 2:00 Garden Club/ moved to Fri, April 23, 1:30 2:00 Parkinson's & Art of Moving (fee) 3:00 Tai Chi</p>
<p>5 8:15 Tai Chi 8:30 Walkers 8:30 Quilters 10:00 Bingo! 10:00 Harmonica (Carlton Plaza) 12:30 Beg Spanish 12:30 Games 12:45 Healthy Lifestyles 1:00 Hearing Test – (appt) 1:00 Painting Class 1:45 Interm Spanish 3:15 Adv Spanish (fee) 6-8:30 Caregivers Support</p>	<p>6 8:00 Meditation 8:30 Senior Fitness 8:45 Yoga/Stretch 9:00 Softball Practice fld 2 9:30 Senior Fitness 9-12 B. P. Screening 10-1 AARP Income Tax Assistance (appt) 9-3 Deaf Seniors–Com.C. 11:00 Fremont Paratransit Info & Registration 12:45 Los Amigos 12:45 Crafts 1:00 Bridge 1:30-3 Membership Photos 1:45 Fremontaires 3:00 Tai Chi (Beg) 4:00 Tai Chi (Adv)</p>	<p>7 8:15 Tai Chi 8:30 Walkers 8:40 Cholesterol Tests (appt) 9:00 Canasta 9:00 Cultural Council – Boathouse 10:00 Bingo! 10:00 Current Events 12:30-2:30 Medicare Counseling (appt.) 1:00 Pinochle & Canasta 1:00 Mah Jongg 7:00 Woodcarvers</p>	<p>8 8:30-10 Membership Photos 8:30 Senior Fitness 9-1 AARP Income Tax Assistance (appt) 9:00 Chinese Club (fee) 9:00 Chinese Counseling and Information 9:30 Facility Sub Comm. Meet. 9:30 Senior Fitness 10-3 B.P. Screening 10:30 Yoga/Stretch 1:00 Chess & Games 2:00 Sr. Center Singers 2:30 Dance, "Young at Heart" Band (\$4)</p>	<p>9 8:15-12 AARP Safe Driver Class (must reg.) 8:30 Walkers 9:00 Pinochle/Canasta 9:00 Card Games 10:00 Bridge 1-4 AARP Income Tax Assistance (appt) 1:00 Pinochle & Canasta 1:30 Birthday Party! Entertainment by Bay Strings Band 1:30 Needlecrafts 2:00 Parkinson's Disease & Art of Moving (fee)</p>
<p>12 Adult School Classes 8:15 Tai Chi 8:30 Walkers 8:30 Quilters 9:00 Medicare Counseling (appt) 10:00 Harmonica (Carlton Plaza) 11:00 AARP Social Time 1:00 AARP Business Mtg 12:00 Springtime Lunch & Celebration & Turkey Drawing 12:30 Games 1-4 Footcare-Tri-City-appt - Moved to 4/19</p>	<p>13 have this week off. 8:00 Meditation 8:45 Yoga/Stretch 9-3 Deaf Seniors–Com.C 9:00 Softball Practice fld 2 9-12 B. P. Screening 10:00-1 AARP Income Tax Assistance (appt) 10:30 Indo-American Seniors 11:00 Fremont Paratransit Info & Registration 12:45 Crafts 1:00 "Stress & You" 1:00 Bridge 1:30-3 Membership Photos 1:45 Fremontaires 3:00 Tai Chi (Beg) 3:00 East Indian Seniors 4:00 Tai Chi (Adv)</p>	<p>14 Check with instructor 8:15 Tai Chi 8:30 Walkers 9:00 Canasta 9:30 Band Practice 10:00 Current Events 1:00 Pinochle & Canasta 1:00 Social Security (appt) 1:00 Mah Jongg 1:30 NARFE Board Meet. 1:30 Afghan Women 7:00 Woodcarvers</p>	<p>15 Adult School Classes 8:30-10 Membership Photos 9:00 Chinese Club (fee) 9:00 Chinese Counseling and Information 9-1 AARP Income Tax Assistance (appt) 10-3 B.P. Screening 10:30 Yoga/Stretch 1:00 Chess & Games 2:00 Sr. Center Singers 2:30 Dance, "Young at Heart" Band (\$4)</p>	<p>16 have this week off. 8:30 Walkers 9:00 Pinochle/ Canasta 9:00 Card Games 9:00 Sr. Commission Meeting 10:00 Bridge 1:00 Pinochle & Canasta 2:00 Parkinson's Disease & Art of Moving (fee) 3:00 Tai Chi 3:30 Russian Club</p>
<p>19 National Volunteer Week 8:15 Tai Chi 8:30 Walkers 8:30 Quilters 10:00 Bingo! 10:00 Harmonica (Carlton Plaza) 12:30 Beg Spanish 12:30 Games 12:45 Healthy Lifestyles: 1:00-4 Footcare- appt 1:00 Painting Class 1:45 Interm Spanish 3:15 Adv Spanish (fee)</p>	<p>20 Jackson Casino Trip 8:00 Meditation 8:30 Senior Fitness 8:45 Yoga/Stretch 9:00 Softball Practice fld 2 9:30 Senior Fitness 9-12 B. P. Screening 9-3 Deaf Seniors–Com.C. 12:45 Crafts 1:00 Bridge 1:30-3 Membership Photos 1:45 Fremontaires 3:00 Tai Chi (Beg) 4:00 Tai Chi (Adv)</p>	<p>21 National Volunteer Week 8:15 Tai Chi 8:30 Walkers 9:00 Canasta 10:00 Bingo! 10:00 Current Events 12:30-2:30 Medicare Counseling (appt) 2:00 Volunteer Recognition 1:00 Pinochle & Canasta 1:00 Mah Jongg 7:00 Woodcarvers</p>	<p>22 National Volunteer Week 8:30-10 Membership Photos 8:30 Senior Fitness 9:00 Chinese Club (fee) 9:00 Chinese Counseling and Information 9:30 Senior Fitness 10-3 B.P. Screening 10:30 Yoga/Stretch 1:00 Chess & Games 2:00 Sr. Center Singers 2:30 Dance, (\$4)</p>	<p>23 National Volunteer Week 8:30 Walkers 9:00 Pinochle/ Canasta/ Card Games 10:00 Bridge 11:30 NARFE Social Time 12:30 NARFE Business Meeting 1:00 Pinochle/ Canasta 1:30 Needlecrafts 1:30 Garden Club/ Moniz, 40770 Chiltern Garden/ Birdhouses 3:00 Tai Chi</p>
<p>26 8:15 Tai Chi 8:30 Walkers 8:30 Quilters 9:00 Medicare Counseling (appt) 9:30 Builders Fund Board Meeting – visitors welcome 10:00 Harmonica (Carlton Plaza) 12:30 Beg Spanish 12:30 Games 12:45 Healthy Lifestyles 1:00 Painting Class 1:45 Interm Spanish 3:15 Adv Spanish (fee) 7-9 Parkinsons Support Group</p>	<p>27 8:00 Meditation 8:30 Senior Fitness 8:45 Yoga/Stretch 9-3 Deaf Seniors–Com.C 9-12 B. P. Screening 9:30 Senior Fitness 10:30 Indo Amer. Seniors 11:00 Fremont Paratransit Info & Registration 12:45 Crafts 1:00 "Senior Bowling" 1:00 Legal Assist for Srs. 1:00 Bridge 1:30-3 Membership Photos 1:45 Fremontaires 2:00 Visual Concerns Support Group 3:00 East Indian Seniors 3:00 Tai Chi (Beg) 4:00 Tai Chi (Adv)</p>	<p>28 8:15 Tai Chi 8:30 Walkers 9:00 Canasta 9:30 Band Practice 10:00 Current Events 1:00 Social Security (appt) 1:00 Trip Meeting 1:00 Pinochle/ Canasta 1:00 Mah Jongg 7:00 Woodcarvers</p>	<p>29 8:30-10 Membership Photos 8:30 Senior Fitness 9:00 Chinese Club (fee) 9:00 Chinese Counseling and Information 9:30 Senior Fitness 10-3 B.P. Screening 10:30 Yoga/Stretch 12:00 Lunch 1:00 Chess & Games 2:00 Sr. Center Singers 2:30 Dance, "Young at Heart" Band (\$4)</p>	<p>30 8:30 Walkers 9:00 Pinochle/ Canasta 9:00 Card Games 10-2 CASSC Regional Meeting 10:00 Bridge 1:00 Pinochle & Canasta 1:30 Needlecrafts 2:00 Parkinson's Disease & Art of Moving (fee) 3:00 Tai Chi</p>